

THE ARROWHEAD

“MWR ACTIVITIES FOR INDIAN HEAD, MD”

Summer Concerts at the Tiki Bar

June 15 & July 13

Stop by the Tiki Deck after work and enjoy
live entertainment and some summer fun!
Music, munchies, drink specials and more!



Movie on the Lawn!

June 1st, 15th, & 22nd
Movies start at dusk by building
19 in Riverview housing. Call the
USO to find out what movie is
being played each time. Bring a
lawn chair or blanket to sit on. All
movies are rated PG or G.
Snokones, popcorn and give-

aways are always present! Par-
ents much accompany their chil-
dren.

USO Yard Sale

June 19 at the USO starting
at 10 a.m.
Snacks, lots of treasures and
more. Please RSVP is you want to
reserve a FREE space to sell your
items.

Contact:
USO Outreach Coordinator
Suzanne Davis 301-744-6713

Youth Activities

Friday Night Fun at the Youth Center

Spend your Friday nights at the My Generation Youth Center
with your friends playing Playstation, pool and other cool ac-
tivities. The Youth Center will be open for Open Rec activities
from 6 - 9 p.m. on Fridays. Children must be between 5 (and
in kindergarten) – 12 years of age. Cost is \$1/military and
\$2/civilian. Children must be registered in the Youth Activi-
ties Program. Registration is FREE, so stop by the My Gen-
eration Youth Center for your registration packet. If you have
any questions, call the Youth Center at 301-743-5456.

Youth Activities – ages 5 (and in kindergarten) - 12 years of age

June 1st	No Open Rec
June 8th	Playstation Tournament
June 15th	No Open Rec
June 22nd	Regular Open Rec
June 29th	Movie Night at the Youth Center



Dive into Summer Fun!

It's almost Swimming Pool Season.
The Indian Head Pool will open for
the 2007 Season on May 26! Get
your pool passes from the Fitness
Center Now!

Access to the NSF Indian Head
Swimming Pool requires one of the
following;

1. Military ID or Seasonal Pass
2. Military Dependent ID or DoD Civilian badge and pay appropriate daily fees as listed below.
3. NSF Indian Head Swim Team member. Must be on team list for practice and must show season pass or pay daily fee for open swim.

Hours of Operation

May 26 – June 10
Sat & Sun 1200 – 1900
M-F Lap Swim 1100-1300
Pool Rentals 1930-2400
11 June – Labor Day
Sat & Sun 1200 – 1900
Open Swim M-F 1300-1900
Lap Swim M-F 1100-1300
Pool Rentals 1930-2400

SWIM LESSONS – Now taking registration for 2007 Swim Lessons!

A.M. classes (held Mon-Thur) Military
\$30 per child, all other \$40 per child

P.M. classes (held Mon, Wed, Fri) Mil-
itary \$20 per child, all others \$30 per
child

Session I

June 18 - June 28 Mon - Thur
1000 - 1030 Level I and Level II
1045 - 1115 Level III and
Preschool/Infant

Evening Classes Mon, Wed, Fri
1800 - 1830 Infant, Preschool
1830 - 1900 Level I

Session II

July 9 - July 20 Mon - Thurs
1000 - 1030 Level I and Level II
1045 - 1115 Level III

Evening Classes Mon, Wed, Fri
1800 - 1830 Infant, Preschool
1830 - 1900 Level I

Session III

July 23 - August 3 Mon - Thurs
1000 - 1030 Level I and Level II
1045 - 1115 Level III and Infant,
Preschool

Evening Classes Mon,Wed,Fri
1800 - 1830 Level I
1830 - 1900 Level II

Session IV

August 6 - August 17
1000 - 1030 Level III and Level IV
1045 - 1115 Level II and Level I

Evening Class Mon, Wed, Fri
1800 - 1830 Level I
1830 - 1900 Level II

2007 Swimming Pool Fees

	Daily	Monthly	Yearly
Active Duty/Active Reserve	FREE	FREE	FREE
Active Duty Family	FREE	FREE	FREE
Retired Military	\$2	\$25	\$60
Retired Military Family	\$3	\$30	\$75
Civilian	\$3	\$60	\$100
Civilian Family of 2	\$3	\$90	\$150
Family of 3	\$3	\$105	\$175
Family of 4	\$3	\$125	\$200
Guest	\$5		
Lap Swim			
Active Duty	FREE		
DoD Civilian	\$2		

Call The Weight
House Fitness
Center x4661 or
Swimming Pool
x4616 for more
information.



THE ARROWHEAD

Golf Course

NSF Indian Head Golf Course Base Championship

June 16-17 – tee off at 0700
This 2-day tournament will determine who is the best on the base!
\$40 entry fee plus cart fee includes steak lunch after the second day of play!

Glow Ball is Back!!!

July 20, 2007
9-hole captain’s choice tournament begins at dark.
\$40.00 entry fee includes everything.

Now is the best time to practice your swing!

Range balls are just \$2.50 for a small bucket and \$3 for a large. If you use the range on a regular basis, a punch card is the best deal in town, \$20 for 10 buckets of balls and \$30 for 20 buckets of balls!

The Golf Course also offers punch cards for rounds of golf. For those that play but are not members, this is a great way to save some \$\$\$.

Military	10 rounds \$100
	20 rounds \$160
All others	10 rounds \$120
	20 rounds \$200

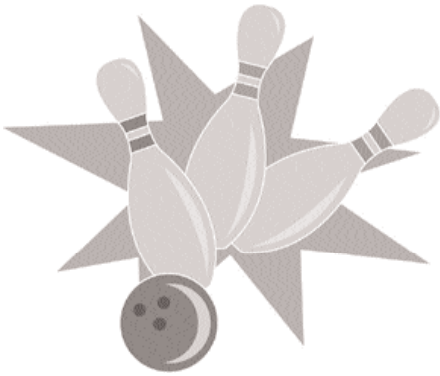
Need that lucky club re-gripped? We can help!

The Golf Course Clubhouse has a full range of club repair services available. Services include re-gripping, custom fitting and building, refinishing and more. Call the Golf Course for more information.

We can cater your next meeting...

The Clubhouse offers an assortment of sandwiches, soups and salads for a quick and affordable boxed lunch option. Just place your order and we will deliver to your next meeting or conference.

Bowling Center



The Bowling Center offers open bowling on Monday & Saturday from 6 - 9 p.m.
\$2 per game for Military and \$2.25 per game for Civilian.
It’s a great place for a fun family night!
Contact Larry at the Bowling Center for more information, 301-744-4775.

Sports Leagues



Beach Volleyball

4-person co-rec and 2-person power Beach Volleyball league now forming. League starts the first week of June. Get your teams together and sign up now.

Sexual Assault Awareness 5K Run/Walk

June 20, 2007
Race will start at the Fitness Center at 11 a.m.
All participants will receive a T-shirt.
\$10 per participant.

2007 Bragging Rights Contest

Come out and prove it! The last Thursday of each month between the hours of 8 a.m. and 3:30 p.m. compete in the Bragging Rights contest. The unit with the highest combined weight with three lifts in Bench Press, Leg Press and Preacher Curl will be able to BRAG! Be sure to have the WHFC staff witness the lifts or they do NOT count! Winning unit will be posted each month.



Do you know your body composition?

Bodystat 1500 is designed to provide a fast and effective method

AEROBICS SCHEDULE

Check out our Boot Camp class on Wednesdays and Fridays at 7 a.m.

Monday
0600 Spinning 1130 Ball Sculpting
Tuesday
1130 Cardio Express 1630 Spinning
Wednesday
1130 Power Sculpt
Thursday
0600 Spinning 1130 Turbo Kick
Friday
1130 Zumba

of measuring body composition using modern technology. Bio-electrical Impedance Analysis gives you a complete analysis of Body composition comprising fat, lean weight, optimal total body weight range, and body water levels. Call the Fitness Center to schedule an appointment. Military \$5, DoD \$20.

Class Descriptions:

- Ball Sculpting:** Using a Fitness Ball you will stabilize muscles in conjunction with using weights to strengthen other muscles with conditioning.
- Turbo Kick:** Using kickboxing techniques, including punches, defensive drills and combinations. This will work your upper and lower body muscle conditioning.
- Cardio Express:** This class combines basic step movements into choreographed patterns. Low-impact, High intensity cardio workout.
- Spin Cycle:** An indoor group cycling class designed for all fitness levels. Great Cardio workout!
- Zumba:** Core body movement thru alternative dance. Lots of high energy and FUN!

Get your Aerobics Class Cards today!

Group Exercise Fees	
Per class	\$4
8 Class Card	\$24
20 Class Card	\$50
6 Month Card	\$110

THE ARROWHEAD

ITT Office Special Trips & Tickets



G'day Mate

Create your own Australia Vacation! Visit www.ittaustralia.com to plan your trip today! Whether you're thinking of visiting Australia for the first time or returning this Web site will provide you with all the information you need. As an eligible patron this Web site



provides you with exclusive access to specially negotiated rates for Air travel, hotel accommodations, discounted car rental and tours. Australia is magnificent in its sheer geographical size from endless sun drenched horizons and white sandy beaches to the sophistication of its modern city centers. Whether you visit Sydney, Brisbane, Melbourne or any other part of Australia the beauty will amaze you, as will the hospitality and friendliness of the Australian people.

ITT TICKETS

AMC Movie
Baltimore National Aquarium

Busch Garden, VA

Water Country

Colonial Freedom Pass
Ages (6-17)
Colonial Williamsburg 2 Day

All
Adult
Child
Military
Senior
Adult
Child
Adult
Child
Adult

MWR

GATE

\$6.00
\$19.25
\$11.75
\$16.00
\$18.25
\$46.25
\$40.25
\$32.50
\$26.50
\$50.75
\$25.00
\$29.50
\$18.75

Meal Vchr
Adult
Jr/Sen
ages (3-61)
JR-SR
Adult(3-61)
JR-SR
Adult
Child
Adult
Child

Regal Movie
Maryland Renaissance Fest

Sea World Orlando

Dutch Wonderland (3-59)
(ages 60-69)
Spy Museum
Tickets allow advanced admission

Universal Studios

Six Flags (4 and older)
Season Pass (4 and older)

All

Adult
Child
Adult
Child
Adult
Sen

MWR

GATE

\$6.50
\$9.00

\$55.75
\$46.25
Pending
\$15.00
\$14.00
\$12.00
\$51.00
\$41.25
\$26.25
\$59.00

Sesame Place (2 Day-2 UP)

GEN

Pending \$44.50

TEE TIME GOLF PASS

GEN

\$45.00 \$50.00

*Seasonal Tickets

**Prices Subject to change. All sales are final.

Contact the ITT Office, x4850 for additional information!

We can order special order Disney, Nationals, Mystics, DC United, Orioles, and Baysox tickets.

Great Wolf Lodge Weekend Getaway

June 9 & September 15, 2007
\$167 per room - includes accommodations for up to 6, 6 passes to the 67,000 square foot indoor water park and an \$8 arcade voucher!

We're Going to China!!!!

November 16-25, 2007
\$2,655 per person, includes Air-



fare, 10 days/9 nights hotel accommodations, daily American Buffet Breakfast in all cities (a total of 17 meals included!), Sightseeing, travel by rickshaw, and two exciting shows! Call the ITT Office for complete details!!!

Orioles Tickets Now Available!

Several game dates available from \$26.75 per ticket. Great seats in section 64 & 62! Call the ITT Office for details.

The Lion King in New York City

Sunday, June 24
\$135 per person includes transportation and show tickets. Bus departs from Indian Head at 0745, showtime at 2 pm. Seating is limited, reserve your seat today!

The Color Purple in New York City

Saturday, July 22
\$120 per person includes transportation and show tickets. Bus departs from Indian Head at 0600, showtime 2 pm. Seating is limited to 49 patrons, so reserve your seat today!

Other Discount Theatre Tickets available at Event Usher

Thinking about purchasing theatre tickets? Check out www.eventusher.com. This Web site offers discount tickets for Broadway shows in select cities nationwide! Simply go to the web site and enter the password 110ITRIHMD for information on touring shows in the Baltimore and D.C., area.

Library

Story Time

Second and fourth Tuesday of each month from 1100-1200. We are always looking for a few good readers! If you would like to volunteer to read during story time, stop by and let us know! All are welcome.

Are you trying to beat the heat this summer? Then why not enjoy a movie at the Crossroads Movie Theater located in Bldg 620. There are special movie times for children, teens and families. Movie times are listed below. Movie schedules will be located in MWR facilities.

Children Matinee Program
(all movies are rated G)

Children under the age of 10 must be accompanied by an adult.
Wednesdays at 1030
17 June, 11 Jul, 18 Jul, 1 Aug, 8 Aug, 15 Aug, & 22 Aug
Teen Matinee
(youth ages 11-17)
Wednesday s at 1330
17 June, 11 Jul, 18 Jul, 1 Aug, 8 Aug, 15 Aug, & 22 Aug
Family Matinee
Sundays at 1300
24 June, 8 Jul, 15 Jul, 22 Jul, 29 Jul, 5 Aug, 12 Aug, 19 Aug

The Crossroads Movie Theater is also available for private party rentals. Contact Janet Ferrell for more information at x 4747.

The Summer Reading Program is Back!!!!

The theme this summer is Mission Read: to the Library

and Beyond. Spend Tuesday afternoons with us as we explore outer space. Some of the books we will be reading this summer are:
Joey and the Jet in Space
Space Dogs
Star pilot
Time Hackers
Space Shuttle
Time Machine.

There will be book selections for children in grades kindergarten - 8th grade. Weekly activities include:
26 June - Soaring Space Rockets Craft
10 July - Flying Saucers Craft
17 July - Floating in Space Ice Cream Floats
24 July - Warp Speed Puzzles
31 July - Space Slime Craft
7 Aug - Crack the Code Game
14 Aug - A special Fianalie

Outdoor Recreation & Gear Rental

All Outdoor Recreation equipment and Gear Rentals have moved to the Golf Course Club House. We have a variety of rental items that range from party supplies to camping gear. Some of our new items include life jackets, oars, light weight tables and a new moonbounce. Call or stop by today for rental information.

Are you having a family gathering and need tables and chairs? Outdoor Rec can solve your problems! We have added newly purchased tables and chairs to our inventory. Canopy tents are also available to keep your party in the shade! We now open weekends for that last minute item. Call for more information.



THE ARROWHEAD

Looking for a place to host your next big party?



How about the Mix House!

Whether it's a wedding reception, retirement party or family reunion, the Mix House is just the place. With room for up to 120 people, separate bar and kitchen areas, and a spectacular view of the Potomac, what are you waiting for! Call Elana at x6487 for rental rates and a tour of the facility!

Liberty Corner



The Liberty Program is designed to provide recreational activities for single or unaccompanied military personnel, particularly ages 18-24 stationed at Indian Head. The Liberty Program Office is located in bldg 902, room 106. If you are eligible to participate in the Liberty Program, take advantage of these exciting opportunities. Call or stop by today!

Movie Night
Every Monday is Movie Night at the Mix House. Movies will be shown on the Tiki Deck if the weather permits. Shows start at 1900, snacks & refreshments will be available.

Monday Night Poker
Monday's in May
Join Liberty at the Mix House for Poker night and test your skills at Texas Hold'em. Games start at 1800 and will last till there's a winner. Snacks and refreshments will be available!

Memorial Day Volleyball Tournament
May 26
6 on 6 Tournament at the Sand Volleyball Court. Register with the Liberty office by May 21.

Kings Dominion Trip
June 20
Join Liberty for a trip to the area's most exciting amusement park. \$18.00 per person, cost includes transportation, tickets and picnic lunch.

Summer Kick-off Pool Party and BBQ
June 22
Kick-Off the summer with Liberty!! Go Swimming, have some BBQ and end off the night by watching a movie. Bring your friends and have some fun! Shuttle will run from the barracks to the pool.

- MWR Directory**
Auto Skills
(301) 744-6314
- Bowling Center
(301) 744-4761
- Crossroads
(301) 743-7900
- Fitness Center
(301) 744-4661
- Globe & Anchor
(301) 744-6487
- Golf Course
(301) 744-4662
- ITR Office
(301) 744-4850
- Library
(301) 744-4747
- Youth Center
(301) 743-5456
- Child Dev. Center
(301) 744-4458
- NEX
(301) 744-4851

Auto Hobby Shop

Bicycle Tune-up

Is your bike a little rusty from sitting all winter? Are your kids just itching to get out and ride? Before you strap on that helmet and head for the hills, bring your bike to the Auto Hobby Shop for a tune-up. Our Specialist will make sure your bike is in tip top shape and safe for you and your kids to enjoy.

Fleet and Family Support Center
540-653-1839

Hours of Operation:
Monday, Tuesday, Thursday and Friday: 7:30 a.m. – 4:00 p.m.
Wednesday: 10:30 a.m. – 4:00 p.m.

The Fleet and Family Support Center provides relocation assistance, financial management, retired affairs, information and referral, spouse employment assistance, life skills classes, transition assistance, SAVI Intervention, GMT's and CDO training and Family Advocacy Program. The Fleet and Family Support Center provides free personal and family services for all active-duty and retired military members and their family. The following is a list of June and July's class schedule:

Retired Activities Office Open - M, W, F 1000-1500
Information/Referral - EVERY DAY 0730-1600
Men's Group – Each Tuesday 1300-1500
June
4th - CFS Meeting 1400-1500
5th - Resume Writing 0900-1000
6th - SAVI Refresher 1330-1500



7th - Car Buying 0900-1000
8th - Sponsorship 1000-1100
12th -Budget for Baby 0900-1200
19th - Ombudsman Meeting 1530-1630
20th - TSP Brief 1400-1500
21st - Legal Appointments 0900-1600
25th -28th - TAP Class- 0730-1600
25th -28th CFS Class- 0800-1600

July
9th - Basic Budgeting-0900-1000
10th - Federal Employment-0900-1000
13th - Reading your Credit Report- 1300-1400
17th - Ombudsman Meeting-1530-1630
19th - Legal Appointments-0900-1600
19th - Stress Management-1130-1230